

Fidaa Karkori

Ship Sanitation, Health and Hygiene

An Approach to Better Welfare for Modern
Seafarers

Synthesis Lectures on Ocean Systems Engineering

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*“Water, water, everywhere,
And all the boards did shrink;
Water, water, everywhere,
Nor any drop to drink.”*

*—Samuel Taylor Coleridge, The Rime of the
Ancient Mariner*

*In dedication to my Father and Mother
Mohamed Karkori and Fatima Aderoune*

Preface

It is not by accident that ships have historically played a significant role in the carriage and transmission of infectious diseases around the world. Some of the earliest recorded evidence of attempts to control human disease transmission via ships dates as far back as the fourteenth century, when ports denied access to ships suspected of carrying bubonic plague. In the nineteenth century, the spread of cholera was thought to have been a consequence in the boom in merchant shipping. In a 2004 study, it is estimated that as many as 100 disease outbreaks were attributable to ship movements between 1970 and 2003. As of 2022, the global merchant fleet is smaller than in earlier years, yet the size and capacity of individual ships have grown exponentially. Whilst the risk of carrying infectious diseases is on the one hand limited by the lower number of hulls, the very fact that ships are larger today than ever before makes them a hazard waiting to happen. For this reason alone, it is imperative that the global shipping industry accepts its responsibility for ensuring the highest possible standards in ship sanitation and hygiene. This is not a burden carried by the shipping industry alone; however, the aviation industry also shares this burden, with people more mobile today than at any point in human history. Since 1999, there have been 11 major outbreaks of infectious diseases around the world. Some of these were local or regional, such as the 1999–2002 outbreak of West Nile Virus and 2006 Mumps pandemic in the US. Other outbreaks have been able to spread globally and with relative ease in part because of the globalised nature of travel and commerce. In 2003, SARS-CoV; 2009, H1N1 Virus (Swine Flu); 2012, MERS CoV; 2014, Ebola; 2016, Zika Virus; and, of course, in 2019, COVID. These events represent the risk we all face in the battle against existing, emerging and new diseases. As humans spread further into the chartered regions of Africa and Asia in search of new materials and commercial opportunities, so does the risk of contracting and spreading infections. Recognising this risk and taking appropriate actions is just the start of safeguarding against this very real modern-world problem.

It is equally important, however, to recognise that tropical and exotic diseases are not the only problem that faces the modern seafarer. Poor personal hygiene and ineffective shipboard sanitation are both key causes of common—and preventable—illnesses such as food poisoning, hepatitis, dental issues, stress and anxiety, depression, amongst many

more. Living and working at sea is a difficult and isolated existence, which affects seasoned mariners as much as those new to the profession. Whilst this book does not profess to be an encyclopaedia of medical problems and treatments, it is hoped that by following the simple advice and guidance contained in these pages the shipping industry can be a little bit healthier, and therefore safer.

Southampton, UK
October 2023

Fidaa Karkori

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Contents

Part I Context of Health and Safety in the Maritime Environment

1	General Duties and Responsibilities for Crew Safety, Health and Welfare on Ships	3
1.1	General Duties and Responsibilities of Competent Authorities Other Than Flag States	4
1.2	General Duties and Responsibilities of Shipowners	4
1.3	General Duties and Responsibilities of the Vessel Master	7
1.4	General Duties and Responsibilities of Seafarers	8
1.5	General Duties and Responsibilities of the Shipboard Health and Safety Committee	9
1.6	General Duties and Responsibilities of the Ship's Safety Officer	10
1.7	General Duties and Responsibilities of the Safety Representative(s)	10
2	General Shipboard Health and Safety	13
2.1	Use of Chemicals	14
2.2	Fire Prevention	15
2.2.1	Smoking	15
2.2.2	Electrical and Other Fittings	15
2.2.3	Laundry and Wet Clothing	16
2.2.4	Spontaneous Combustion	16
2.2.5	Galleys and Mess Facilities	16
2.3	Working Clothes and Personal Protective Equipment	16
2.3.1	General	16
2.3.2	Head Protection	17
2.3.3	Hearing Protection	17
2.3.4	Face and Eye Protection	17
2.3.5	Respiratory Protective Equipment	18
2.3.6	Hand and Foot Protection	18

2.3.7	Protection from Falls	18
2.3.8	Signs, Notices and Colour Codes	18
2.4	Permits to Work	19
2.5	Accident, Incident and Near Miss Reporting	19
3	Shipboard Emergencies and Emergency Equipment	23
3.1	Firefighting Equipment, Drills and Training	24
3.2	Abandoning Ship Drills and Training	25
3.3	Helicopter Operations Drill	26
3.4	Man Overboard and Rescue at Sea	27
3.5	Pan-Pan-Pan	28
3.6	Other Drills	28
4	Health and Safety During the Carriage of Dangerous Goods	31
4.1	Special Precautions	32
4.2	Sources of Information and Guidance	33
5	Means of Access, Safe Movement, and Enclosed Spaces	35
5.1	Ship's Accommodation Ladders and Gangways	36
5.1.1	Portable Ladders	36
5.1.2	Pilot Ladders	37
5.1.3	Transport of Persons by Water	37
5.2	Safe Movement Around the Vessel	38
5.2.1	Passageways and Walkways	39
5.2.2	Watertight Doors	40
5.2.3	Lighting	40
5.2.4	Access to Holds and Other Spaces	41
5.3	Enclosed and Confined Spaces	41
5.3.1	Precautions When Entering Dangerous Spaces	41
5.3.2	Duties and Responsibilities of the Competent Person and the Responsible Officer	43
5.3.3	Preparing and Securing the Space for Entry	44
5.3.4	Assessing the Atmosphere of Confined and Enclosed Spaces	44
5.3.5	Use of the Permit to Work System	44
5.3.6	Procedures and Arrangements Before Making Entry	45
5.3.7	Procedures and Arrangements When Making Entry	45
5.4	Additional Requirements for Entry into a Space Where the Atmosphere is Suspect or Known to Be Unsafe	46
5.4.1	Breathing Apparatus and Resuscitation Equipment	47
5.4.2	Maintenance of Equipment and Training	47

6	Manual Handling, Tools, and Deck Maintenance	51
6.1	Work Tools	52
6.1.1	Hand Tools	52
6.1.2	Portable Electric, Pneumatic and Hydraulic Tools	53
6.2	Workshop and Bench Machines (Fixed Installations)	53
6.2.1	Abrasive Wheels	53
6.2.2	Spirit Lamps	54
6.3	Compressed Air and Gases	54
6.3.1	Compressed Air	54
6.3.2	Compressed Gas Cylinders	54
6.4	Welding and Other Hot Work	55
6.4.1	Personal Protective Equipment During Welding and Hot Work	56
6.4.2	Precautions Against Fire, Explosions and Non-life Supporting Environments	56
6.4.3	Electric Welding Equipment	56
6.4.4	Precautions to Be Taken During Electric-Arc Welding	56
6.4.5	Flame Cutting and Brazing	57
6.5	Painting and Chipping	57
6.5.1	Spraying	58
6.5.2	Painting Aloft and Working Over the Side	58
7	Working in Dangerous Conditions	59
7.1	Working at Height and or Overboard	59
7.2	Working at Height Equipment	60
7.2.1	Cradles and Stages	60
7.2.2	Bosun's Chair	61
7.2.3	Ropes	61
7.2.4	Portable Ladders	61
7.2.5	Rope Ladders	62
7.2.6	Working Over the Side from Punts	62
7.3	Working with Electricity and Electrical Equipment	63
7.3.1	Wandering Leads, Portable Lights, Electric Tools and Other Moveable Equipment	64
7.3.2	High Voltage (HV) Systems	65
7.3.3	Rectifiers and Electronic Equipment	65
7.3.4	Radio Communication Equipment	66
7.3.5	Batteries and Battery Rooms	66
7.3.6	Working with Visual Display Units (VDU) and Computers	66

7.4	Working with Dangerous and Irritating Substances and Radiation ...	67
7.4.1	Working with Unsaturated Polyesters	67
7.4.2	Working with Adhesives	67
7.4.3	Removing Insulation, Paint and Other Coatings	68
7.4.4	Working with Asbestos	68
7.4.5	Working with Man-Made Mineral Fibres	68
7.4.6	Radio and Radar Installations	68
7.4.7	Ionising Radiation	69
 Part II Healthy Living at Sea		
8	Importance of Good Health and Hygiene on Ships	73
8.1	International Regulations Relating to Shipboard Sanitation	76
8.2	Maritime Labour Convention, 2006	76
8.2.1	Consideration of the ILO Standards	79
8.3	International Maritime Organisation	79
8.4	Responsibilities for Shipboard Health, Safety and Sanitation	79
8.4.1	Responsibilities of the Vessel Designer and Builder	79
8.4.2	Responsibilities of the Vessel Owner and Operator	81
8.4.3	Responsibilities of the Vessel Master and Crew	81
8.4.4	Responsibilities of the Port Authorities	82
9	Water Management Practices for Ships	83
9.1	Potable Water	84
9.1.1	Standards Relating to Potable Water	84
9.1.2	Role of the International Health Regulations (2005)	85
9.1.3	Potable Water Sources from Ashore and Uses on Board Ships	86
9.2	Unfit for Drinking	86
9.2.1	Health Risks Associated with Potable Water on Ships	86
9.3	Bottled Water and Ice	89
9.4	Water Safety Plans	89
10	Water Safety Planning	93
10.1	Water Safety Guidelines	94
10.2	Non-potable Water	97
10.2.1	Monitoring and Verification	97
10.2.2	Sources of Potable Water	100
10.2.3	Bunkering Stations	101
10.3	Potable Water	101
10.4	Potable Water Hose Only	102
10.5	Potable Water Filling	102
10.5.1	Water Production on Board	102

10.5.2	Materials Used in the Construction of Surfaces	103
10.5.3	Potable Water Tanks	104
10.6	Potable Water Tank	105
10.6.1	Potable Water Pumps	106
10.6.2	Hydrophore Tanks	106
10.6.3	Calorifier	106
10.6.4	Water Distribution System	107
10.6.5	Fixtures (Including Taps and Showerheads)	107
10.7	Potable Water	108
10.8	Unfit for Drinking	108
10.9	Unfit for Drinking	108
10.10	Wash Basin Before and After Use	109
10.11	Unfit for Drinking	113
10.11.1	Verification and Monitoring	113
10.11.2	Investigative and Corrective Action	114
10.11.3	Sampling Scheme	119
11	Food Safety Management and Planning	123
11.1	Food Supply and Transfer Chain	123
11.2	Food Safety Planning	127
11.2.1	Preliminary Steps	128
11.2.2	HACCP Principles	128
11.3	Guidelines	129
11.3.1	Food Contact Areas	135
11.3.2	Non-food Contact Areas	136
11.3.3	Water and Ice	137
11.3.4	Cleaning and Disinfecting Facilities	137
11.3.5	Ventilation	138
11.3.6	Lighting	138
11.3.7	Storage	138
11.3.8	Food Contact Areas	139
11.3.9	Suitable Non-foods Contact Areas	140
11.3.10	Toilet Facilities	145
11.3.11	Hand-Washing Facilities	145
11.4	Wash Hands After Using Toilet Wash Basin Before and After Using	145
11.4.1	Dishwashing Facilities	146
11.4.2	Food Waste Handling	149
11.4.3	Temperature	149
11.4.4	Separation of Raw and Ready-to-Eat Food	150
11.4.5	Separation of Food from Contaminant Sources	150
11.4.6	Food Handler Hygiene	152
11.4.7	Food Handler Illness	153

12	Food Health, Safety and Hygiene	157
12.1	High Risk Foods	157
12.1.1	Bacteria and Other Micro-organisms that Can Cause Illness	158
12.1.2	Avoiding and Responding to Cross Contamination	159
12.2	Food Safety Self-assessment System	159
12.2.1	What is a Self-assessment Programme?	159
12.2.2	Who is Responsible for Overseeing the Self-assessment Programme?	160
12.3	Food Hygiene	160
12.4	Galley and Mess Hygiene	162
12.5	Personal Hygiene	162
12.6	Nutrition and Health	163
12.6.1	Understanding Nutrition for a Balanced Diet	163
12.6.2	Planning and Purchasing Competencies	164
12.6.3	Food Allergy and Food Intolerances	164
12.6.4	Awareness of the Importance of Nutrition for Combating Lifestyle Diseases	165
12.7	Workplace Health and Safety	165
12.7.1	Awareness of Potential Hazards	165
12.7.2	Risk Assessment	166
12.7.3	Knowledge of the ISM Code and Safety Management Systems	166
12.7.4	Reporting Occupational Injuries	166
12.7.5	Provision of Emergency First Aid in the Galley	166
12.7.6	Firefighting in the Galley	167
12.8	Waste Management, Safety and Hygiene	167
12.8.1	Waste Collection	167
12.8.2	Waste Storage	168
12.8.3	Waste Disposal	168
13	Provision and Management of Galley and Mess Facilities	169
13.1	Division of Responsibilities and Obligations	170
13.1.1	Responsibilities of the Shipowner	171
13.1.2	Responsibilities of the Master	174
14	Galley Personnel Training and Competencies	177
14.1	Menu Preparation	178
14.2	Fundamental Principle of Good Cookery	179
14.2.1	Practical Cookery Skills	179

14.2.2	Methods of Preparation	181
14.2.3	Presentation and Serving	182
14.2.4	Practical Cookery Under Unforeseen Circumstances	182
14.3	Galley Administration, Management and Supervision	183
14.4	Religious and Cultural Aspects	184
14.5	Other Basic Skills	184
14.5.1	Language Skills	184
14.5.2	Calculation Skills	184
14.5.3	General Communication Skills	184
15	Waste Management and Disposal	185
15.1	Health Risks Associated with Wastes on Ships	185
15.1.1	Standards	186
15.2	Guidelines	186
15.2.1	Disposal of Sewage and Liquid Wastes	187
15.3	For Waste Discharge Only	188
15.4	Waste Discharge Hose	188
15.4.1	Grease Traps	188
15.4.2	Treatment	189
15.4.3	Facilities for Waste Storage	190
15.4.4	Excess Sludge	191
16	Recreational Water Environments and Facilities	195
16.1	Health Risks Associated With Recreational Water Facilities	195
16.2	Recreational Water Facility Guidelines	197
16.2.1	Swimming Pools	201
16.2.2	Legionella Control	205
16.2.3	Air Quality	207
16.2.4	Other Design and Construction Aspects	207
16.2.5	Recirculating Swimming Pools	207
16.2.6	Flow-Through Swimming Pools	208
16.3	Close When in Port	209
16.3.1	Whirlpool Spas	209
16.3.2	Spa Swimming Pools	210
16.3.3	Pre-swim Showering	210
16.3.4	Using Toilet Facilities Pre-swim	211
16.3.5	Vomitus and Accidental Faecal Releases	211
16.3.6	Turbidity	213
16.3.7	Disinfectant Levels and pH	213
16.3.8	Microbial Quality	214

17	Ballast Water Management	217
17.1	Health Risks Associated With Ballast Water on Ships	217
17.1.1	Standards	218
17.2	Guidelines	218
17.2.1	Disposal of Ballast Water	220
17.3	For Waste Discharge Only	223
17.4	Waste Discharge Hose	223
17.4.1	Overboard Discharge of Ballast Water	223
18	Vector and Reservoir Control	225
18.1	Health Risks Associated with Vectors on Ships	226
18.1.1	Standards	226
18.2	Guidelines	226
18.2.1	Screens	228
18.2.2	Insecticides	228
18.3	Poison	229
18.3.1	Rodent and Vermin Proofing	229
18.3.2	Trapping	230
18.3.3	Baiting	230
18.4	Poison	231
18.4.1	Inspections	231
18.4.2	Hygiene	232
19	Control of Infectious Diseases	235
19.1	Airborne Infectious Agents	236
19.1.1	Acute Infectious Gastrointestinal Illnesses	236
19.1.2	Acute Respiratory Illnesses	240
19.2	Guidelines	240
19.2.1	Personal Hygiene	242
19.2.2	Food and Water Hygiene	242
19.2.3	Good General Hygiene Practices	243
19.2.4	Managing Symptomatic Individuals	244
19.2.5	Responding to Outbreaks	244

Part III Prevention of Heat and Cold Stress Injuries at Sea

20	Physiology of Heat Stress	249
20.1	Heat Transfer and the Human Body	249
20.1.1	Heat Equation	249
20.1.2	Heat Dissipation (Removal)	250
20.1.3	Sweating (Perspiration)	250
20.1.4	Skin Heat, Moisture, and Texture	250
20.1.5	Blood Shunting	251

20.1.6	Thirst	251
20.1.7	Libation	251
20.1.8	Water Absorption	253
20.1.9	Sodium (Salt)	253
20.2	Environmental Heat Stress Factors	254
20.2.1	Measurement of Temperature	254
20.2.2	Wind	254
20.2.3	Humidity	255
20.2.4	Heat Index	255
20.2.5	Rain	256
20.2.6	Sun Position and Time of Day	256
20.2.7	Elevation	256
20.3	Individual Heat Stress Factors	257
20.3.1	Sunburn	257
20.3.2	Clothing and Personal Protective Equipment	257
20.3.3	Illness	257
20.3.4	Immunisations (Vaccinations, Inoculations)	258
20.3.5	Prior Heat Stress Injury	258
20.3.6	Recent Heat Stress Exposure	258
20.3.7	Body Size	258
20.3.8	Demographic Characteristics	259
20.3.9	Biological Sex	259
20.3.10	Age	260
20.3.11	Race and Ethnicity	260
20.4	Heat Stress Versus Heat Strain	266
20.4.1	Heat Stress	266
20.4.2	Heat Strain	266
20.4.3	Prevention of Heat Stress Injuries	266
20.5	Temperature Measurement	267
20.6	Thermometers	267
20.6.1	Oral Thermometers	267
20.6.2	Tympanic (Ear) Electronic Thermometers	268
20.6.3	Rectal Temperature	269
20.6.4	Oesophageal Thermometers	269
21	Diagnosis of Heat Stress Injuries	273
21.1	Heat Rash (Miliaria Rubra)	274
21.2	Erythema ab igne (Erythema Caloricum)	274
21.3	Exertional Hyperthermia	275
21.4	Heat Syncope	275
21.5	Heat Oedema	275
21.6	Heat Tetany	275

21.7	Heat Cramps	276
21.8	Heat Exhaustion	276
21.8.1	Symptoms of Heat Exhaustion	276
21.8.2	Sodium-Depletion Heat Exhaustion	276
21.8.3	Water-Deficient Heat Exhaustion	277
21.9	Heat Stroke	278
21.9.1	Classic Heat Stroke	278
21.9.2	Exertional Heat Stroke	279
21.9.3	Diagnosis of Heat Stroke	280
21.9.4	Criteria for Making the Diagnosis of Heat Stroke	280
21.9.5	Severe Exertional Heat Injury (“Exertional Heat Illness”)	281
22	Treatment of Heat Stress Injuries	285
22.1	Monitoring Health After Heat Stroke Recovery	285
22.2	Care of Residual Disability or Deficits After Heat Stroke	285
22.3	Re-exposure to Heat	286
22.3.1	Minor Injuries	286
22.3.2	Major Injuries	286
22.4	Reporting	287
22.5	Prevention of Further Heat Stress Injuries in the Population	287
22.6	General Treatment of Heat Stroke	287
22.6.1	Cooling	287
22.6.2	Cooling the Skin While Maintaining Cutaneous Blood Flow	288
22.6.3	Cooling Internal Organs Directly	289
22.6.4	Cooling Blood Directly by Removal, Cooling, and Reintroduction of Blood	289
22.6.5	Medications	289
22.6.6	Cardiovascular Support	289
22.6.7	Concomitant Therapy	290
22.7	Clinical Treatment of Heat Stroke	290
22.7.1	Preliminary Studies and Procedures	290
22.7.2	Shivering	291
22.7.3	Electrolyte Abnormalities	292
22.7.4	Rhabdomyolysis	292
22.7.5	Renal Injury	292
22.7.6	Other Associated Injury	293

23	Physiology and Prevention of Cold Stress Injuries	295
23.1	Heat Transfer or Loss of Heat from the Human Body	295
23.2	Cold Stress, Cold Strain, and Cold Injury	296
23.3	Environmental Cold Stress Factors	296
23.3.1	Temperature and Wind	296
23.3.2	Wind Chill Temperature Index	296
23.3.3	Humidity and Moisture	297
23.3.4	Immersion	297
23.4	Effects of Cold-Water Immersion	297
23.4.1	Diving Reflex	297
23.4.2	Fluid Shifts in Cold Water	298
23.4.3	Performance in Cold Water	298
23.4.4	Swimming Induced Pulmonary Oedema	298
23.4.5	Awareness of Cold Strain in Cold Water	298
23.4.6	Cardiac Output in Cold Water	299
23.5	Survival Times in Cold Water	299
23.5.1	Diving Suits	299
23.5.2	Elevation (Altitude)	300
23.6	Contact and Handling of Cold Objects	300
23.6.1	Time to Reach Contact Temperature	301
23.6.2	Dexterity When Handling Cold Objects	301
23.6.3	Freezing to Cold Objects	301
23.6.4	Ultraviolet Light	301
23.7	Individual Cold Stress Factors	302
23.7.1	Body Mass and Fat	302
23.7.2	Biological Sex	302
23.7.3	Age	302
23.7.4	Race and/or Ancestral Geographic Location	302
23.7.5	Metabolic Adaptation	303
23.7.6	Insulative Adaptation	303
23.7.7	Hypothermic Adaptation	303
23.7.8	Alcohol	303
23.7.9	Hydration	303
23.8	Compensation for Cold Environments	304
23.8.1	Functioning in Cold Environments	304
23.9	Metabolism	305
23.9.1	Muscles	305
23.9.2	Body Fat	305
23.9.3	Hormones	305
23.9.4	Calories and Cold Exposure	306
23.9.5	Cardiovascular	306

23.9.6	Shivering	307
23.9.7	Fatigue	307
23.9.8	Circadian Rhythm (Body Clock)	308
23.10	Acclimatisation	308
23.10.1	Acclimatisation and Acclimation	308
23.10.2	Effects of Acclimatisation	308
23.10.3	Limitations of Acclimatisation	309
23.10.4	Development of Acclimatisation	309
23.10.5	Altitude	310
23.10.6	Local (Rather Than Whole Body) Acclimatisation	310
23.10.7	Habituation	310
23.10.8	Non-shivering Thermogenesis	310
23.11	Measurement of Cold Stress Effects on the Body	310
23.11.1	Core Body Temperature	310
23.11.2	Skin or Local Temperature	311
23.11.3	Cold Strain Index	311
23.12	Identifying Risk Factors	311
23.12.1	Protective Clothing	311
23.12.2	Ointments, Lotions, Creams, Emollients, etc.	312
23.12.3	Vasospastic Syndrome	312
23.12.4	Motion Sickness	312
23.12.5	Shapiro's Syndrome	312
24	Diagnosis and Treatment of Cold Stress Injuries	315
24.1	Dermatological (Skin) Injuries	315
24.1.1	Conditions Unmasked or Exacerbated by Cold Exposure	315
24.2	Injuries of the Extremities Due to Cold Exposure	318
24.2.1	Frostbite	318
24.2.2	Mechanisms (Pathophysiology) of Frostbite	318
24.2.3	Hunting Reaction	320
24.2.4	Frostbite Risk Factors	320
24.2.5	Classification of Frostbite	320
24.2.6	Evaluation	321
24.2.7	Treatment of Frostbite	322
24.2.8	Prevention of Infection	323
24.2.9	Recovery	324
24.3	Ocular (Eye) Injuries Due to Cold Exposure	328
24.3.1	Snow Blindness (Acute Photokeratitis, Solar Keratitis)	328
24.3.2	Cold Keratopathy (Corneal Epithelial Cold Injury)	328
24.3.3	Corneal Frostbite	329

24.4	Hypothermia	329
24.4.1	Public Health Impact of Hypothermia	329
24.4.2	Symptoms and Signs of Hypothermia	330
24.4.3	Classification of Hypothermia	330
24.4.4	Predisposing Factors for Hypothermia	331
24.4.5	Ethanol and Medications	331
24.4.6	Clothing	332
24.4.7	Treatment of Hypothermia	332
24.5	Responding to Extreme Cases of Hypothermia	333
24.5.1	Cardiopulmonary Bypass	333
24.5.2	Bretylium	333
24.5.3	Triage	334
24.5.4	Potential Complications	334
24.5.5	Follow-Up of Hypothermia	334
24.5.6	Prognosis in Hypothermia	335
24.5.7	Predicting Outcome in Hypothermia	335
24.5.8	Elderly Casualties	335
24.5.9	Paediatric Casualties	335
24.6	Prevention of Further Heat Stress Injuries in the Population	336
24.7	Summary of Cold Stress Injuries, Prevention and Treatment	336
Annex		341
Further Information		345
Further Reading		347
Bibliography		357

Abbreviations and Acronyms

°C	Degree Celsius
°F	Degree Fahrenheit
AFR	Accidental Faecal Release
AGI	Acute Gastrointestinal Illness
AIDS	Acquired Immunodeficiency Syndrome
ARI	Acute Respiratory Illness
BWEA	Ballast Water Exchange Area(s)
BWM	International Convention for the Control and Management of Ships' Ballast Water and Sediments (2004)
BWMP	Ballast Water Management Plan
BWRB	Ballast Water record Book
CCP	Critical Control Point(s)
Cfu	Colony-Forming Unit
Cm	Centimetre(s)
DMLC	Declaration of Maritime Labour Compliance
FAO	Food and Agriculture Organisation (United Nations)
FSP	Food Safety Plan or Food Safety Programme
Ft	Foot/feet
GDWQ	Guidelines for Drinking Water Quality
GMP	Garbage (rubbish) Management Plan
GRB	Garbage (rubbish) Record Book
GT	Gross Tonnes/Gross Tonnage
HACCP	Hazard Analysis and Critical Control Point
Hep. B	Hepatitis B
Hep. C	Hepatitis C
HIV	Human Immunodeficiency Virus
HPC	Heterotrophic Plate Count

HVAC	Heating, Ventilation and Air Conditioning
IEC	International Electrotechnical Commission International Electrotechnical Commission
IHR	International Health Regulations (2005)
ILO	International Labour Organisation (United Nations)
IMO	International Maritime Organisation (United Nations)
In	Inch(es)
ISM	International Management Code for the Safe Operation of Ships and for Pollution Prevention (1993, as amended)
ISO	International Organisation for Standardisation (United Nations)
Km	Kilometre(s)
LSA	Lifesaving Appliances Code (2010)
M	Metre(s)
MARPOL	International Convention for the Prevention of Pollution from Ships (1973, 1978, as amended)
MCA	UK Maritime and Coastguard Agency
MDOH	Maritime Declaration of Health
MEPC	Marine Environment Protection Committee
mg/l	Milligrams per Litre
mi	Mile(s)
MLC	Maritime Labour Certificate
MLC	Maritime Labour Convention (2006)
Mm	Millimetre(s)
NTU	Nephelometric Turbidity Unit
OWS	Oily Water Separator
PSC	Port State Control
SARS	Severe Acute Respiratory Syndrome
SMS	Safety Management System
spp.	Species
SQEP	Suitably Qualified and Experienced Personnel
SSC	Ship Sanitation Certificate
SSCC	Ship Sanitation Control Certificate
SSCEC	Ship Sanitation Control Exemption Certificate
SSOW	Safe Systems of Work
STCW	International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (1978 as amended)
UK FSA	United Kingdom Food Standards Agency
UK	United Kingdom
UN	United Nations
US CDC	United States Centres for Disease Control and Prevention
US	United States

USA	United States of America
UV	Ultraviolet
WHO	World Health Organisation (United Nations)
WSP	Water Safety Plan
µS/cm	Siemens per minute, per centimetre

List of Figures

Fig. 2.1	Example permit to work form	20
Fig. 3.1	Open top lifeboat	26
Fig. 3.2	Standard type closed lifeboat	27
Fig. 3.3	Free fall closed type lifeboat	28
Fig. 3.4	Life raft capsules	29
Fig. 5.1	Gangway (MV <i>Pollux</i>)	37
Fig. 5.2	Gangway (MV <i>Regina Maersk</i>)	38
Fig. 5.3	Deployed pilot ladder	39
Fig. 5.4	Confined space hatch	42
Fig. 5.5	Interior of a vessel's ballast tank	42
Fig. 5.6	Interior of a vessel's ballast tank	43
Fig. 5.7	Atmosphere testing of confined and enclosed spaces prior to entry	45
Fig. 5.8	Breathing apparatus must be donned when entering confined or enclosed spaces	48
Fig. 6.1	Example of the correct manual handling (lifting) procedure	52
Fig. 6.2	Welders attaching a pad eye to the hull of a ship in preparation to remove one of the ship's screws	55
Fig. 7.1	Bosun's chair	60
Fig. 7.2	Working over the side using ropes and a harness	62
Fig. 8.1	Miniature by Pierart dou Tielt illustrating the <i>Tractatus quartus bu Gilles li Muisit</i> (Tournai, c.1353)	74
Fig. 8.2	Plague mask and tools for disinfecting letters discovered on Poveglia island by Theodor Weyl in 1889	75
Fig. 8.3	Maritime Labour Convention, 2006	80
Fig. 9.1	Implementation of the shipboard water safety plan	90
Fig. 11.1	Ship's crockery store	135
Fig. 11.2	Ship's galley	139
Fig. 11.3	Food preparation and service area	140
Fig. 11.4	Galley storeroom	141

Fig. 11.5	Hand washing is a vital part of maintaining effective hygiene and sanitation	147
Fig. 13.1	Crew mess (compact)	171
Fig. 13.2	Crew mess (large)	172
Fig. 13.3	Officer's mess	173
Fig. 14.1	Serving fresh vegetables is crucial to crew health	180
Fig. 14.2	The presentation of food is as important as its nutritional value	181
Fig. 15.1	Ship sewage treatment plant	189
Fig. 15.2	Garbage management and storage onboard (<i>MV Kagoro</i>)	191
Fig. 15.3	Garbage management and storage onboard (<i>Carnival Panorama</i>) ...	192
Fig. 16.1	Outside swimming pool on a container ship	199
Fig. 16.2	Outside swimming pool on a cruise ship	200
Fig. 16.3	Inside swimming pool on a cruise ship	200
Fig. 16.4	Cruise ship spa pool	211
Fig. 17.1	Discharging ballast water	221
Fig. 17.2	Electric ballast pumps	222
Fig. 17.3	Antarctic, Australian, UK and US territorial waters	223
Fig. 18.1	Rat-proofing hawser collars	231
Fig. 18.2	Rat-proofing hawser collars	232
Fig. 18.3	Rat-proofing hawser collars	233
Fig. 18.4	Rat poison cubes	233
Fig. 18.5	Rat trap	234
Fig. 19.1	Maritime declaration of health	237
Fig. 20.1	Standard type mercury oral thermometer	268
Fig. 20.2	Standard type digital oral thermometer	268
Fig. 20.3	Standard type digital rectal thermometer	269
Fig. 24.1	Dependent acrocyanosis in a Norwegian 33-year-old male	316
Fig. 24.2	Rosacea	317
Fig. 24.3	Sclerosing panniculitis	317
Fig. 24.4	Cold-induced urticaria	318
Fig. 24.5	Chilblain	319
Fig. 24.6	Pathophysiology of frostbite	319
Fig. 24.7	Trench foot	325
Fig. 24.8	Vibration white finger	326
Fig. 24.9	Raynaud's phenomenon	327
Fig. 24.10	Snow blindness (acute photokeratitis)	328

List of Tables

Table 9.1	Pathogens and toxins linked to outbreaks of waterborne disease associated with ships, 1 January 1970–30 June 2003 (Rooney et al. 2004)	87
Table 10.1	Examples of parameters frequently tested in potable water and typical values	120
Table 11.1	Agents associated with foodborne disease outbreaks within ships, 1 January 1970–30 June 2003	125
Table 11.2	Illustrative food receipt temperatures and conditions for foods supplied to ships	133
Table 21.1	Symptoms, signs, and findings in heat stroke	281

Part I

Context of Health and Safety in the Maritime Environment